Detransition & 2SLGBTQA+ Communities

The Re/DeTrans Canada study interviewed 28 individuals from across Canada about their experiences of stopping, shifting, or reversing a gender transition. Among participants, 64% were assigned female at birth and 36% were assigned male at birth. 75% were white, 7% were Jewish and white, and 18% were multi-racial (Black, Indigenous, Arab, South Asian, Latinx).

All of the participants identified within the 2SLGBTQA+ community.

We analyzed participants’ descriptions of their complex relationships within 2SLGBTQA+ communities and found the following four themes:

(1) Experiences of detransphobia; (2) Socio-political context of detransition; (3) Alienation; and (4) Community solidarity

1 DETRANSPHOBIA

[Trans] people that I know who have been out for a long time, are usually pretty comfortable in their own skin...Whereas, in the few instances where I’ve crossed paths with people who are early transitioning, [my detransition] seems to be more problematic for them... This has happened online, too, where [trans] people will say that straight cis people who are on the right are going to see [detransition] as proof that transitioning is wrong. And so, we shouldn’t detransition. Or that we weren’t ever really trans or that kind of thing. (Participant 9)

2 SOCIO-POLITICAL CONTEXT

I worked in the queer and trans community, and I felt like I had to [detransition] really quietly, because heaven forbid someone who’s doing queer education says that they regretted anything, then that would de-platform the whole movement... There’s always someone waiting to pounce on it and say “Oh, see, trans people are fake, they’re just faking it.” (Participant 12)

3 ALIENATION

Basically, everybody’s cut me out. There’s like four people that I’m still friends with that I still talk to. Most of them, I trigger their dysphoria and invalidate them by existing...I haven’t found community within [the 2SLGBTQA+ community centre], any of those spaces. (Participant 10)

4 COMMUNITY SOLIDARITY

I think the biggest thing I would want the public to know is just because someone you know detransitions doesn’t make the trans community any less valid. And visa versa. Like you know, we’re all human. We all deserve rights. (Participant 20)